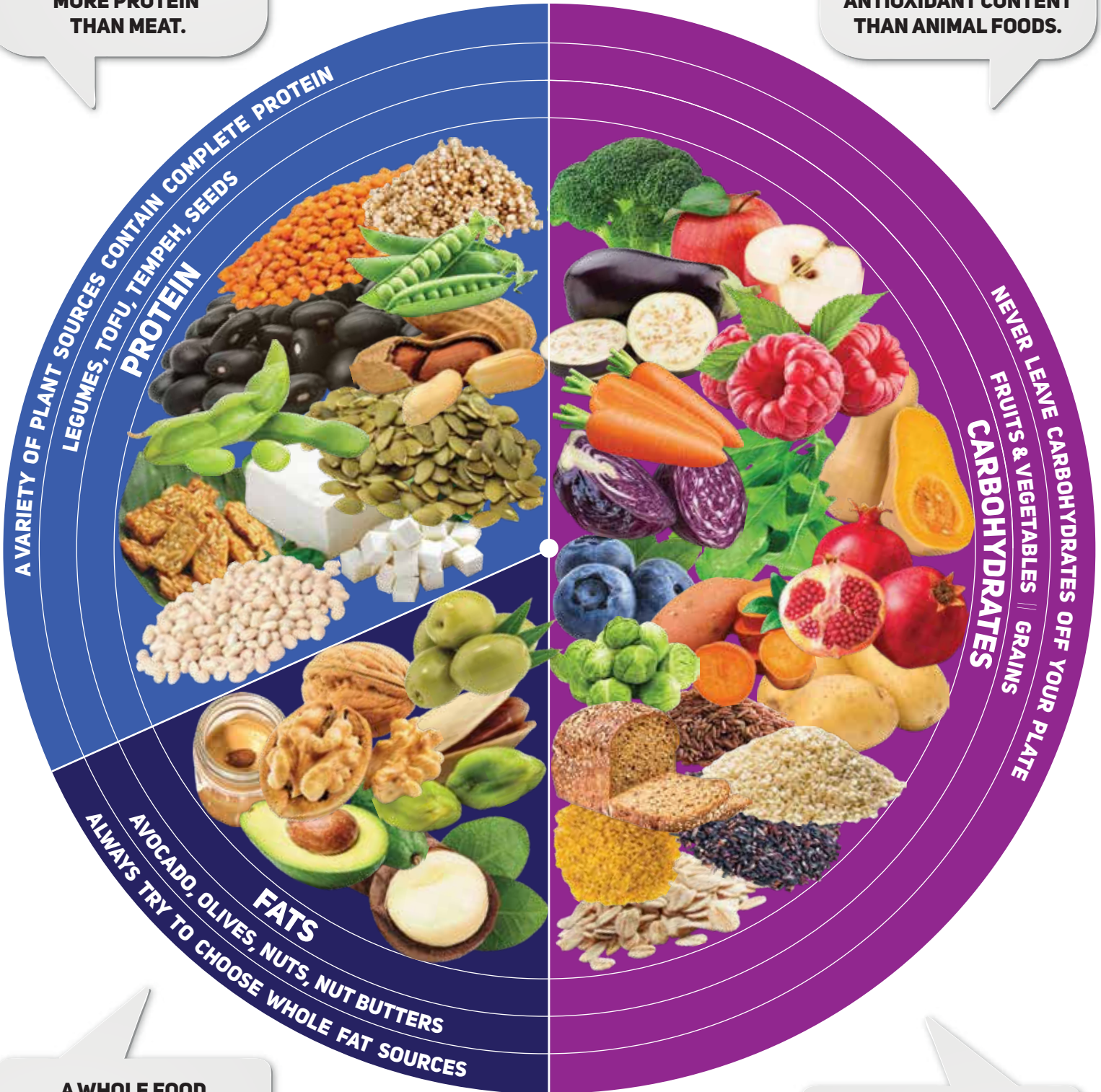


ATHLETE POWER PLATE

**OUNCE PER OUNCE,
HEMP SEEDS CONTAIN
MORE PROTEIN
THAN MEAT.**

**THE AVERAGE PLANT
FOOD HAS 64X MORE
ANTIOXIDANT CONTENT
THAN ANIMAL FOODS.**



**A WHOLE FOOD
SOURCE IS A FOOD
THAT IS NOT PACKAGED,
BOTTLED, PROCESSED,
OR REFINED.**

**SUPERFOOD BOOSTS:
GROUND FLAX, NORI,
TURMERIC, CLOVES,
CINNAMON, GINGER,
GREEN TEA**

ATHLETE POWER PLATE FOODS

Eat to win. The foods we use to fuel our performance should nourish our entire bodies - without any uncomfortable side effects. Work with your sports dietician and consult this plate to create an eating plan that will maximize your performance based on your specific caloric needs.

THE MACRONUTRIENTS

Carbohydrates, Protein, and Fats

CARBOHYDRATE-RICH SOURCES

- Brown rice pasta, quinoa pasta, black bean pasta, chickpea pasta, whole wheat pasta
- Black & brown rice, millet, farro, quinoa, bulgur, barley
- Potatoes & sweet potatoes
- Oats
- Sprouted grain bread, whole grain bread
- **Fruit:** banana, raspberry, blackberries, grapes, blueberries, apples, oranges, mangos, strawberries, melons, cherries, pomegranate, pineapple, jackfruit, tomatoes
- **Vegetables:** broccoli, spinach, kale, bok choy, beet & mustard greens, cauliflower, eggplant, peppers, brussels sprouts, squashes, asparagus, carrots, zucchini, cabbage, arugula, leafy greens

PROTEIN RICH SOURCES

- **Legumes:** black beans, navy, garbanzo, kidney, peas, lentils, cannellini, pinto, peanuts, edamame
- **Sprouted Tofu, Tempeh, Seitan**
- **Seeds:** flax, chia, pepitas, hemp, sesame

FAT RICH SOURCES

- **Nut butters:** peanut, cashew, almond, sunflower, tahini
- **Avocado, olive**
- **Oil:** olive, pumpkin seed oil, avocado oil
- **Nuts:** Almonds, walnuts, cashews, macadamia, hazelnuts, pine nuts, brazil nuts, pistachios

SUPERFOOD BOOSTS

Seaweed (kelp, nori, sea vegetables), spirulina, chlorella

RECOVERY SNACKS

PROTEIN: 15-20 G

- $\frac{2}{3}$ cup of granola with 1 cup of soymilk = ~15g*
- 1 cup edamame with 2 tbsp of sesame seeds = 20g*
- $\frac{3}{4}$ cup of baked tofu with 2 tbsp of tahini dressing = 20g
- $\frac{3}{4}$ cup of chia seed pudding plus 1 oz of peanut flour = ~17g
- 1 cup of roasted chickpeas with 1 tbsp of tahini dressing = 19g*
- 2 lentil balls with marinara sauce = 18g*
- $\frac{1}{2}$ - $\frac{3}{4}$ of a scoop of pea protein powder = 15-20g
(Content varies so check labels. Vega Sport has 15g in $\frac{1}{2}$ scoop)
- 1 cup of black, lima and kidney bean salad = 15g*
- $\frac{1}{2}$ cup of tempeh with 2 tbsp of thai peanut sauce = 18g
- 2 cups of spinach salad with 1.5-2 oz of pepitas (pumpkin seeds) = 15-20g
- $\frac{1}{2}$ cup of raw unsalted nut mix = ~18g
- Plant based protein bar = protein content varies so check label
(Vega Sport protein bar is 20g)*

*Also a source of carbohydrates

PROTEIN: 20-25 G

- 1 $\frac{1}{4}$ cup edamame with 3 tbsp of sesame seeds = 26g*
 - 1 cup of baked tofu with 3 tbsp of tahini dressing = 28g
 - 1 cup of chia seed pudding plus 1.5 oz of peanut flour = ~23g
 - 1 cup of roasted chickpeas with 2 tbsp of tahini dressing = 22g*
 - 3 lentil balls with marinara sauce = 27g*
 - $\frac{3}{4}$ - 1 of a scoop of pea protein powder = 15-20g (content varies so check labels.
Vega Sport has 22.5g in $\frac{3}{4}$ scoop)
 - 1 cup of black, lima and kidney bean salad = 22.5g*
 - $\frac{2}{3}$ cup of tempeh with 2 tbsp of thai peanut sauce = 24g
 - 3 cups of spinach salad with 2 oz of pepitas (pumpkin seeds) = 24g
 - $\frac{3}{4}$ cup of raw unsalted nut mix = ~24g
 - Plant based protein bar = protein content varies so check label
(Vega Sport protein bar is 20g)*
- 1 oz of seitan = 25g

*Also a source of carbohydrates

RECOVERY SNACKS

CARBS: 15-30G

- 1 banana or apples = 27g
- 1 cup of fresh berries = 21g
- 1 cup of unsweetened applesauce = 27g
- $\frac{1}{4}$ - $\frac{2}{3}$ cup of dried fruit, such as apricots or prunes = 20-27g
- $\frac{2}{3}$ -1 cup of oatmeal = 18-27g*
- 2 slices of whole wheat bread = 24g
- 1 Nature's Bakery fig bar = 20g
- 1-2 medium flour tortillas = 15-30g
- $\frac{1}{4}$ cup farro, dry = 27g*
- 1-1.5 oz red lentil pasta = 18-27g*
- 1 sweet potato = 26 g
- 1 cup of quinoa = 21 g*
- 1 cup of butternut squash cubes = 16g

*Also a source of protein

CARBS: 45-60G

- 2 bananas or apples = 54 g
- 2 cup of fresh berries = 42g
- 2 cup of unsweetened applesauce = 54g
- $\frac{1}{2}$ - $\frac{3}{4}$ cup of dried fruit, such as apricots or prunes = 56-60g
- 1 $\frac{1}{2}$ - 2 cup of oatmeal = 41-54g*
- 4 slices of whole wheat bread = 48g
- 2 Nature's Bakery fig bars = 40g
- 3-4 medium flour tortillas = 45-60g
- $\frac{1}{2}$ cup farro, dry = 54g*
- 2.5 oz red lentil pasta = 55g*
- 2 sweet potatoes = 52 g
- 2 cups of quinoa = 42 g*
- 1 Cliff bar = 45g*

*Also a source of protein

TRAVEL FOODS

BARS

Larabar Peanut Butter & Jelly (per bar): 210 cal, 10g fat, 25g carb, 6g protein
Vega Chocolate Peanut Butter Protein Bar (per bar): 290 cal, 10g fat, 27 carb, 20g protein, 15% iron, 4g fiber

BANANAS

Per 1 Medium Banana: 105 cal, 0.4g fat, 27g carb, 1.3g protein, 20% Vitamin B-6

NUT OR SEED BUTTER SINGLE-SERVE PACKETS

Justin's Classic Almond Butter: 190 cal, 16g Fat, 7g Carbs, 7g Protein

NASOYA MARINATED BAKED TOFU PACKS (READY TO EAT)

Per serving: 90 cal, 5g Fat, 2g Carb, 8g Protein. 10% Calcium. 8% Iron.

SINGLE-SERVE HUMMUS PACKS

Per Pack: 150 cal, 11g Fat, 9g Carbs, 4g Protein, 6% Iron

BABY CARROTS

Per 100g serving: 35 Cal, 0.1g Fat, 8g Carb, 0.6g Protein, 275% Vitamin A

BERRIES (BLUEBERRIES)

Per 1 cup serving: 85 cal, 0.5g Fat, 21g Carb, 1.1g Protein

OVERNIGHT OATS & OATMEAL PACKS (MUSH APPLE CRISP)

Per pack: 280 Cal, 8g Fat, 40g Carb, 8g Protein, 7g Fiber

SINGLE-SERVE FLAX MILK BOTTLES

(GOOD KARMA VANILLA LIGHTLY SWEETENED + PROTEIN)

Per bottle: 130 cal, 4g Fat, 14g Carb, 10g Protein 35% Calcium 30% Vitamin B12, 30% Vitamin D

FRUIT & NUT BUTTER SANDWICHES

(2 pieces Ezekiel bread, 10 raspberries, 2 tbs almond butter)

370 cal, 20g fat, 38g carb, 15g protein, 7g fiber

NUT, SEED, AND DRIED FRUIT MIX (TRADER JOE'S OMEGA TREK MIX)

Per ¼ cup serving; 150 cal, 11g fat, 12g carbs, 4g protein 8% Iron

SHELF-STABLE DRINKABLE SOUPS:

FAWEN SWEET POTATO AND RED LENTIL READY-TO-DRINK SOUP

Per bottle: 200 cal, 4g Fat, 36g Carbs, 8g Protein, 6% Iron

TRAVEL FOODS

SINGLE-SERVING MEAL REPLACEMENT SHAKE PACKETS (GARDEN OF LIFE ORGANIC RAW MEAL VANILLA)

Per packet: 240 cal, 2.5g fat, 16g carb, 40g protein, 100% vitamin C, 15% calcium, 30% iron, 200% vitamin B12

SEAWEED SNACKS (TRADER JOE'S ROASTED SEAWEED SNACKS)

Per package: 60 cal, 4g fat, 2g carb, 2g protein

TRADER JOE'S STEAMED LENTIL PACKS

Per ½ cup serving: 120 cal, 0g fat, 20g carb, 9g protein, 20% iron

VEGAN JERKY (LOUISVILLE VEGAN JERKY CO)

Per 1 bag serving: 210 cal, 21g protein

Homemade Recipe: <https://www.veganguidetothegalaxy.com/blog/easy-vegan-jerky>